

Wellness and You Schedule April 27th, 2013	
8:30-9:00AM	Registration
9:00-9:45AM	Session One
9:45-10:15AM Chi	Session Two: World Tai & Qigong Day Event
10:15-11:15AM	Session Three
11:15-11:30AM	Break
11:30AM-12:15PM	Lunch
12:15-1:15PM	Session Four
1:15-1:30PM	Raffle

The **Wellness and You!**
 Coordinators would like to thank the
 following Gold Medal Sponsors for
 helping fund our event!



A NON - PROFIT CHARITABLE CORPORATION
 Friends of Acton Nursing Service, Inc.
 P.O. Box 541, Acton, Massachusetts



Wellness and You



Saturday, April 27th, 2013
Acton Boxborough Regional High School
36 Charter Rd. - Acton, MA
8:30 AM– 1:30 PM
978-929-6632
health@acton-ma.gov



The Towns of Acton and Boxborough
 are pleased to present Wellness and You



SESSION ONE (9:00 –9:45AM)

- #1.– **Allergy and Chinese Medicine**-Dr. Ying Li, Ph.D.-Acton Chinese Medicine- Chinese Medicine considers allergies often as a consequence and results of a cluster of other factors on the body, instead of a simple reaction to allergens. Therefore Chinese Medicine treat allergies effectively by assessing the whole person, releasing many stressors on the body, and waking up the person’s innate healing power, instead of simply finding the allergens and avoiding them.
- #2 - **How do you turn the diagnosis of Attention Deficit/Hyperactivity Disorder (ADHD) into a gift?** -Christine L. Robinson, m. Ed.– A.D.D. Action Coach & Educational Consultant- This lecture will describe the general symptoms of ADHD, the positive dynamics of the coaching process and how these “negative” symptoms can be managed and improved. Components of individual coaching, parent coaching and parenting skills workshops will be discussed.
- #3 - **Eat to Speed Your Metabolism!**-Holly Kouvo-Fitting Fitness In—Do you know what foods will help speed up your metabolism? You don’t have to go hungry to lose weight. Come to this informative seminar with certified nutrition specialist, Holly Kouvo, and learn the combination of foods which will help you to lose weight and feel great!
- #4- **Jazzercise**– Denise Haynes-Jazzercise Acton Fitness Center- Burn up to 600 calories in one fun and powerfully effective 60-minute total body workout. Every Jazzercise group fitness class combines dance-based cardio with strength training and stretching to sculpt, tone and lengthen muscles for maximum fat burn. Choreographed to today's hottest music, Jazzercise is a fusion of jazz dance, resistance training, Pilates, yoga, and kickboxing. Start dancing yourself fit and change the shape of your body today! Please wear sneakers and comfortable clothes to sweat in for this 30 minute trial class.

****Session Two: World Tai Chi & Qigong Day (9:45-10:15 AM)****

Please report to gym by 9:50 AM

One World... One Breath- Narcyz Latecki– Athletic Balance dba Chinese Martial Arts

This is a nationally recognized event...come be a part of history as tens of thousands in hundreds of cities, in over 70 nations come together... to breathe together... to provide a healing vision for our world. Be a part of World Tai Chi & Qigong Day 2013.

SESSION THREE (10:15 -11:15 AM)

- #5- **Allergies & Asthma: The Natural Chiropractic Approach**– Dr. Seth Barron– Barron Chiropractic & Wellness Center-As you may know, allergies and asthma are commonly caused by a poorly functioning immune system. What you may not know is that your nervous system directly affects your immune system, which in turn can be compromised by a misaligned spine. Makes sense, as your spine houses your spinal cord. Kind of like that favorite childhood song “your hand bone’s connected to your arm bone.” By correcting spinal misalignments, chiropractors help you adapt better to the stresses in your environment, including those related to allergies and asthma. Gentle and safe adjustments to subluxations (misalignments) help to release the stress on the nervous system, and permits the immune system to function more effectively. In short, chiropractic care can help you reduce or eliminate asthma and allergies naturally.
- #6- **Audiology at Massachusetts Eye & Ear Infirmary-Concord**– Dr. Sharon G. Kujawa, PhD.- Remember when your mom told you to turn down your stereo or it would damage your hearing? Well, she was right! Noise (loud sound) is a major cause of hearing loss, and the louder the noise and the longer you’re exposed to it, the more hearing loss you’re likely to experience. The good news is that there are things you can do to protect yourself. Audiologists from the Mass Eye and Ear in Concord will share some important information about how noise damages ears and steps you can take to protect yourself. We’ll bring our mascot ‘Crimson,’ a mannequin with an electronic ear that can determine how intense the sound of your personal stereo is when it reaches your ear, and we’ll bring some equipment to fit-test noise-attenuating ear plugs.
- #7- **Healthy Bones for Life**– Pat Fitzgerald– American Bone Health- One of two women and one of four men over the age of 50 will suffer an osteoporosis fracture in their lifetime! These fractures are life-altering and life-threatening. What is osteoporosis? What are the risk factors for osteoporosis? What tools are used for diagnosis? How can you prevent bone loss? How do you prevent falls and fractures? What are the treatments for osteoporosis? What's next?
- #8– **Zumba with Gina**– Gina Flaherty– Zumba Fitness is a fun, dance based fitness class that uses motivating, international music and easy to follow dance and fitness moves to tone and sculpt your entire body! The international rhythms used alternate between fast and slow movements to create aerobic intervals that allow your body to burn calories more efficiently, shedding unwanted pounds, while also building endurance, strength and coordination. The best thing about a Zumba fitness class is that it is for everyone! Each student has the ability to modify the moves to fit them at their current fitness level, while working them up to their desired fitness goal. Students are encouraged to move at their own pace in their own way, which is why it feels more like a party than a fitness class.
- #9– **Mosquito and Tick Education and Protection**– Central Massachusetts Mosquito Control Project– Information will be presented on mosquito and tick biology, control and prevention.

SESSION FOUR (12:15 – 1:15 PM)

- #10- **Taoist Tai Chi**– Sue Chase– Greater Lowell Taoist Tai Chi Society- Learn the first three moves of the Taoist Tai Chi set during a free class and demonstration. Discover the many health benefits derived from practicing this gentle form of exercise designed for mind and body. Observe members of the society as they perform the 108 moves of the Taoist Tai Chi set, often referred to as “moving meditation.”
- #11– **Aging Well Is The Best Revenge**– Dr. Henry Vaillant, M.D.- Frailty, The Enemy: Dr. Vaillant, a retired internist, will discuss practical and inexpensive means of postponing mental and physical frailty.
- #12– **Diet: All things in moderation**– Peg Mikkola– Minuteman Senior Services- You hear so many “no” messages but if you plan out your dietary intake you will find that all foods can fit – in moderation. Don’t you get a craving if you are told to avoid certain foods? Be in charge and you won’t feel deprived.
- #13– **Experience Transformational Shifts**– Dr. Deborah Diamond, D.C.– Network Chiropractic of Acton- Explore the built in mechanisms for healing that can be accessed with different states of awareness and different qualities of touch. Dr. Deborah Diamond, D.C. offers a lecture, group experimental process and a demonstration of how, using a hands-on healing technique, the body can go into a deep state of relaxation in minutes.

Wellness and You

Thank you for your interest in our 6th annual wellness day, Wellness and You! (formerly known as Wellness University). Well-ness and You is a fun filled day composed of empowering lectures, motivating fitness classes and engaging demonstrations, all geared towards educating you to living a happier and healthier life!

There will be a total of four sessions at Wellness and You. Three of these sessions will have a variety of classes to choose from, all with instructors who are well versed in their field.

This year since our wellness event falls on the same day as World Tai Chi & Qigong Day, there will be a bonus session in between session one and session two. We will be having Narcyz Latecki of Chinese Martial Arts with us to hold *One World... One Breath*. BE A HEALING PART OF HISTORY! On the last Saturday of April each year (at 10AM), tens of thousands in hundreds of cities, in over 70 nations come together... to breathe together... to provide a healing vision for our world. Be a part of World Tai Chi & Qigong Day 2013.

There will be a light lunch provided at this event, along with a raffle held after the last session of the day. Transportation may be available for this event. If you are interested in this service, please contact the Health Department by April 19th.

Please come join us in a day of fun, education and growth!

****Preregistration is required****

Sign Up Form
Please Print

Please enter top 2 class choices for each session. Enter class # listed before class description.
Class sizes are limited and registrations will be taken on a first come-first served basis (1st choice is usually accommodated).

Name

Session One

Choice: 1 _____ 2_____

Street Address

Session Two: World Tai Chi & Qigong Day

Town, State

Session Three

Choice: 1 _____ 2_____

Phone

Session Four

Choice: 1 _____ 2_____

Email Address

Lunch 11:30-12:15 Circle one: Yes No

Please mail sign up form to:

Acton Health Department
472 Main Street
Acton, MA 01720
Attn: Wellness and You

Questions?

Contact Sheryl Ball or Evan Carloni
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Email: sball@acton-ma.gov
ecarloni@acton-ma.gov

Tear off and Return